

# North Little Rock e-Newsletter

Provided by Diane Whitbey, City Clerk and Collector

October 2007

## North Little Rock e-Newsletter

If you have information you would like to share with other city employees, residents and businesses throughout **North Little Rock**, then let us know. The **City Clerk's office** is providing a monthly *e-letter* to those who subscribe through the **North Little Rock** website. To sign up, email [Dwhitbey@northlittlerock.ar.gov](mailto:Dwhitbey@northlittlerock.ar.gov).



STANDING  
TOGETHER  
STANDING  
STRONG

**Tjuana Byrd,**  
North Little Rock  
Assistant City Attorney  
**2007 Komen Arkansas**  
**Race for the Cure Chair**



**Do it together...celebrate life and make a difference in the fight against breast cancer with those closest to you. Participate in the 14th annual Komen Arkansas Race for the Cure® as part of the team representing the City of North Little Rock.**

To register as a team, each member must complete an entry form.

To register on line go to the following website [www.komenarkansas.org/race/](http://www.komenarkansas.org/race/) then click on **Race Registration**. Then select **Join Existing Team**. Type in NLR, and click on **Search for team**... Our team name is **50053NLR**, then select **Join** in the right column. From there, fill in the blanks. If asked, our team password is **Argenta**. The cost is only **\$21.00** (which includes a \$1 processing fee).

When you are finished signing up, you will be asked to consider making a donation to the "Because I Care" Program. **Tjuana** is asking "**All North Little Rock City Employees**, to please make an additional donation to "**Because I Care**" program. If every member of a team pays an additional \$10, we can raise \$300,000, which could pay for mammograms for women who otherwise could not afford them." You may choose to contribute on Tjuana's Because I Care Page by going to: [http://race.komenarkansas.org/site/TR/Race/General?px=1025258&pg=personal&fr\\_id=1020&et=-HtZ0F0pGKxWK3BKKEwKw..&s\\_tafld=2013](http://race.komenarkansas.org/site/TR/Race/General?px=1025258&pg=personal&fr_id=1020&et=-HtZ0F0pGKxWK3BKKEwKw..&s_tafld=2013).

And **MEN**....don't feel left out. You can **sign up to show your support** for our team by taking part in the **Three Miles of Men** in **North Little Rock**! Your registration fee includes a newly designed, much more masculine t-shirt, a free tailgate party on October 18 at Diamond Bear Brewery, breakfast for the first 100 on race morning, and 40,000 women to hang out with on race morning!

### Other Race Activities:

- 10/18 Three Miles of Men Tailgate Party –  
Diamond Bear Brewery
- 10/19 Pink Duck Walk – Peabody Hotel
- 10/20 Pasta Party- River Market Pavilion

**2007 Team Info**  
**Komen Arkansas Race**  
**for the Cure®**  
**October 20, 2007**

**Come on. Don't let me down, NLR! Sign up today—let's beat Little Rock this year! 75% of all money raised stays right here in Arkansas. Together, we can make a difference!**

If you have any questions about joining **Team North Little Rock**, please contact:  
Our **Team Captain, Jennifer Johansen**, Assistant Personnel Director  
501-975-8855

## North Little Rock Animal Control

If you are a loner, but don't want to be lonely, then have we got the kitty for you! Jasmine is 2 years old and an American Shorthaired kitty who needs to be your one and only kitty (will hiss at other kitties). If it's you, please call 501-791-8577 today!



**Adopt A Healthy Life-  
style—Adopt a Pet—**

**PLEASE...**

**... SPAY AND NEUTER**



### Critter Treats

#### *Dog Biscuits*

4 c. whole wheat flour  
1 T. garlic powder  
1 can beef or chicken broth /  
bouillon

Mix everything together into a really thick paste. Shape or cut. Put on microwave-safe plate and bake at HIGH for 2 minutes.

#### *Feline Liver Treats*

1 lb. chicken livers  
1/2 c. cornmeal  
2 eggs 1/2 c. dry milk  
2 T. molasses  
2 large garlic cloves  
Blend all ingredients in food processor, until smooth. Pour into baking pan. Bake at 400 until sides pull away from pan or knife inserted comes out clean. When cool, cut into bite size pieces and store in the refrigerator.

### Halloween Safety for Pets

Children are not the only **Trick-or-Treaters** out this Halloween! Just like their two-legged counterparts, four-legged **Trick-or-Treaters** need to be kept safe, too!

If you decide to dress your pet for Halloween, be sure the costume is safe. While hats that slip over eyes and noses might be annoying for us, they can be scary for pets. Be sure that a pet has a clear view peripherally and that noses and whiskers are not covered. Any ties should be secured to a collar instead of around necks. Better yet, there are many costumes available now with safer Velcro closures.

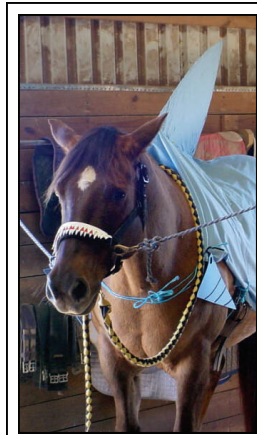
Always carry or have your pet on a leash when outside. During Trick-or-Treat times, pet costumes can be snagged on shrubs or parked vehicles. Costumed people may be scary for your pet and cause them to be unusually skittish or aggressive. Sadley, pets often become the mark of belligerent tricksters (WHICH WILL NOT BE TOLERATED IN NORTH LITTLE ROCK). Do not leave your pet unattended outside.

Be visible. Add a reflector to your pet's costume for night time visibility. There are many new glowing and reflective collars and leashes available. Blinkers, mini LED lights that hook to collars, can be visible for up to a mile away!

Human costumes are not for pets. While colored hair sprays and makeups may seem like a quick way to transform your pet, they can cause uncomfortable rashes and skin conditions that outlast Halloween night.

Hide your candy well. Candy **WILL MAKE PETS SICK**. Chocolate can even kill a pet. So put your Trick-or-Treat stash in a safe location and provide furry friends with their own special treats.

Make treats for your pet! Have fun by creating Halloween shaped cookies and treats for your critter!



**↑ Halloween 04  
Land Shark!**

**Animals DO NOT PARTY!**

Let guests know that it is not okay to feed or give drinks to your pet.

You may want to consider taking your pet to a sitter during the party unless they are very friendly. The stress of a party may not be such a treat for your pet.

Provide plenty of **water**. Added stress and extra heat from costumes may cause your pet to be dehydrated. Be sure that water bowls are kept full.

**Current ID** is a must, just in case you and your beloved pet become separated.

Need some **costume ideas**? Try the internet...that's where all this information came from!

And in case your were wondering...Mel and I are going to be the "Cowardly Lion" and "Dorothy" this year.



## Halloween Safety: Safety Alert

A few safety tips from the U.S. Consumer Product Safety Commission can protect children who plan to go trick-or-treating this Halloween.

**Treats:** Warn children not to eat any treats before an adult has carefully examined them for evidence of tampering.

**Flame Resistant Costumes:** When purchasing a costume, masks, beards, and wigs, look for the label Flame Resistant. Although this label does not mean these items won't catch fire, it does indicate the items will resist burning and should extinguish quickly once removed from the ignition source. To minimize the risk of contact with candles or other sources of ignition, avoid costumes made with flimsy materials and outfits with big, baggy sleeves or billowing skirts.

**Costume Designs:** Purchase or make costumes that are light and bright enough to be clearly visible to motorists.

- For greater visibility during dusk and darkness, decorate or trim costumes with reflective tape that will glow in the beam of a car's headlights. Bags or sacks should also be light colored or decorated with reflective tape. Reflective tape is usually available in hardware, bicycle, and sporting goods stores.
- To easily see and be seen, children should also carry flashlights.
- Costumes should be short enough to prevent children from tripping and falling.
- Children should wear well-fitting, sturdy shoes. Mother's high heels are not a good idea for safe walking.
- Hats and scarfs should be tied securely to prevent them from slipping over children's eyes.
- Apply a natural mask of cosmetics rather than have a child wear a loose-fitting mask that might restrict breathing or obscure vision. If a mask is used, however, make sure it fits securely and has eyeholes large enough to allow full vision.
- Swords, knives, and similar costume accessories should be of soft and flexible material.

\* (Illustrations on page 14)

**Pedestrian Safety:** Young children should always be accompanied by an adult or an older, responsible child. All children should WALK, not run from house to house and use the sidewalk if available, rather than walk in the street. Children should be cautioned against running out from between parked cars, or across lawns and yards where ornaments, furniture, or clotheslines present dangers.

**Choosing Safe Houses:** Children should go only to homes where the residents are known and have outside lights on as a sign of welcome.

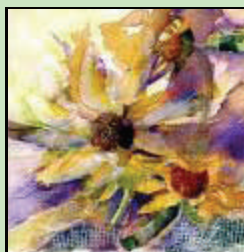
- Children should not enter homes or apartments unless they are accompanied by an adult.
- People expecting trick-or-treaters should remove anything that could be an obstacle from lawns, steps and porches. Candlelit jack-o'-lanterns should be kept away from landings and doorsteps where costumes could brush against the flame. Indoor jack-o'-lanterns should be kept away from curtains, decorations, and other furnishings that could be ignited.

For further information on product safety, consumers may call the U.S. Consumer Product Safety Commission's toll-free hotline on (800) 638-2772. Hearing impaired consumers may use TTY (800) 638-8270.

### North Little Rock Senior Art Show

Artwork will be displayed  
October 1 to October 26, 2007  
401 West Pershing Boulevard

In the lobby of the Patrick Henry Hays Senior Citizens Center





FORWARD THINKING, FOOD FOR THOUGHT:

*"When you're through learning, you're through."*

Vernon Law, Baseball player



### ***Fitness to go 5 STEPS TO FEELING BETTER***

Imagine taking that new car you just bought and never changing the oil, air filter, tires, and brakes. Even worse, imagine taking that finely tuned machine and letting it set, for months, even years. I guess you know what would happen to your new car in either one of these scenarios? It would break down in a hurry. Interestingly, some people will treat their bodies far worse than they do any piece of machinery, and yet they act surprised when it begins to break down prematurely.

Everyday your heart pumps about 4,300 gallons of oxygen rich blood through your body. And yes, everything you eat, drink, or smoke finds its way into your blood stream, and into every cell within your body. The American Heart Association says that heart and blood vessel diseases are the nation's number one cause of death. So what can you do to reduce your risk of heart disease and help keep your body from breaking down before its time?

First, see your doctor, get a regular check-up and keep up with what your blood pressure is doing.

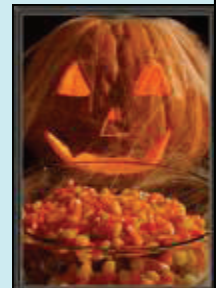
Second, stop smoking. Smoking is a proven way to clog your arteries and cause heart disease. Did you know that tobacco, if used according to directions, would cause death or serious physical impairment? Everyone should know this; it is printed on the package.

Third, eat better. Excessive cholesterol, fat, and sugar can wreck havoc on your body. [More on this later.]

Fourth, get moving; the benefits are too long to list here. Start out slow, 20 minutes 3 days a week, and then increase your intensity.

Fifth, lose weight; this goes hand in hand with exercise and diet. If you are doing these, then the weight loss will happen.

**David Baxter is a certified personal trainer, weight management expert, competitive bodybuilder, and motivational speaker.**



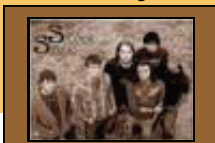
## ***Argenta Street Beat***

**Friday October 5, 2007**

Main Street *between* Broadway and 5th Street



**Music! Blackstone Cherry, Kentucky Headhunters and Monoxide Project.....Refreshments!**



All proceeds benefit North Little Rock Charities and the Main Street Argenta Mini-Grant Program

*For more information, contact **Main Street Argenta** at 501-975-8777*

## Health Tip:

### Adults need immunizations, too!

Most people know infants and children should receive regular immunizations, but many do not realize that adults also require immunizations. Just as in children, adult immunizations provide protection against a variety of infectious diseases.

It's a good idea for every adult to review their current immunization status since:

- Some adults were never vaccinated as children
- Newer vaccines have become available (e.g. Human papilloma virus)
- Immunity can begin to fade over time (e.g. tetanus)
- As we age, we become more susceptible to serious disease caused by common infections (e.g., flu, pneumococcus, herpes zoster)

Below are some of the recommend vaccines for adults:

**Tetanus, diphtheria, pertussis (Tdap)** - As children, most of us were immunized against tetanus with a combination injection that was effective in preventing diphtheria and pertussis (whooping cough) also. A tetanus "booster" is required every 10 years. It is recommended that adults receive the combination vaccine on at least one occasion during adulthood for additional protection.

**Human papillomavirus (HPV)** - This vaccine provides immunity against a common sexually transmitted disease caused by certain strains of HPV. Since HPV infections are responsible for up to 70% of all cases of cervical cancer, the most compelling reason for receiving the vaccine is really cancer prevention.

**Measles, mumps rubella (MMR)** - We think of these as childhood diseases, however each can occur in susceptible adults. Rubella, also known as German measles, can cause serious birth defects in the child of a woman who becomes infected while pregnant. Mumps can have much more serious complications when contracted as an adult. One injection generally provides life-long immunity against measles, mumps, and rubella. Adults 18 years or older who were born after 1956 should receive MMR if they are uncertain of their immunization status or have only had one MMR prior to school entry. Those born before 1956 are probably immune from having had the actual diseases.

**Influenza** - The "flu shot" protects against the strains of influenza predicted to cause the next year's outbreak. This is why revaccination is required each year prior to flu season. Everyone over the age of 50 should receive a flu shot. It is important for the elderly and those with chronic illnesses such as diabetes or emphysema to receive the shot.

**Pneumococcal vaccine** - This is also known as the "pneumonia shot". It protects against a strain of bacteria (*Streptococcus pneumoniae*) that caused one of the most common and serious types of pneumonia. People over 65 should receive the shot, along with persons with health problems related to alcoholism, heart or lung disease, kidney failure, diabetes, HIV, or certain types of cancer. Usually, only one dose of the vaccine is needed to provide life-long immunity.



## Recipes for Halloween

How about some easy ...

### ...Finger Sandwiches?



8 ounces cream cheese,  
softened

1/2 c. mayonnaise

1/2 c. finely chopped nuts (pecans)

1 c. chopped pimento stuffed olives  
(well drained)

Dash of pepper

Blend softened cream cheese with mayo until very smooth (no lumps). Stir in chopped pecans, olives and pepper. Mix well, cover; place in refrigerator overnight. Set out at room temperature for about 1 hour until ready to use for little tea-type finger sandwiches. (Cut into quarters or triangles).

*Note:* I squish all of the ingredients together by hand and go ahead and make the sandwiches! This spread is good with crackers, too! For Halloween fun, cut the sandwiches into 4 stripes (you know, like fingers), put a dab of the mixture on one end and put a sliver of almond on it. It will look like a finger and nail! Ewww and yummy, too!

*This has to be one of my all-time favorite mixtures for finger sandwich spreads!*

*This recipe and more can be found on Easy Chef's One Million of the World's Best Recipes CD*



### Hot and Spicy Corn Dip

1 can yellow corn

1 can white shoepeg corn

8 oz cream cheese

1 can Rotel

1 can chopped green chilies

Chopped jalapenos, to taste

Garlic salt, to taste

Cumin, (*you guessed it*) to taste



Combine ingredients in microwave safe bowl. Microwave 5 minutes, or until cream cheese is melted. Stir occasionally. Serve warm with corn chips or pita chips. *Eileen Weirner*

*This recipe and more are in the North Little Rock Friends of Animals Cookbook on sale now for only \$10.00 in the City Clerk's Office.*

## Department of the month ... Community Development Agency

**Mary Beth Bowman, Director CDA**, has been with the city for 8 years. Hobbies and interests include playing golf, working in the yard, travel, having friends over for gourmet meals and enjoying the outdoors.

Mary Beth's favorite restaurants include 1620 and Thorougbbreds in Myrtle Beach, South Carolina. She doesn't have one favorite movie, but many! Her favorite sport...golf, of course! She also enjoys watching the Razorbacks play football and basket-

ball.

Mary Beth was appointed by Representative Henry Gonzales, Texas to serve on a National Congressional Commission.

She said she couldn't remember any "on-the-job" embarrassing moments, but if there were any, she wouldn't tell anyway.

Mary Beth said she has experienced many rewarding moments in her life, which have influenced her greatly. She has come to learn the importance of living your life to the fullest!

**Karen Scharfenberg** has worked for the city for 32 years, plus 3 years with Urban Renewal.

She has been married for 21 years and has two children, Kelley Ramsey and Michael Jones and has lived in the area for 46 years!

Karen enjoys sewing and reading (but doesn't get to do much either these days). Her favorite restaurants are Red Lobster, followed by Mexico Chiquito (a close second).

Her favorite movies are *Dirty Dancing* and *Pretty Woman*, and her favorite sport is football!

Karen received the 30 Year Service Awards from the city and the Arkansas NAHRO.

When asked about "on-the-job" embarrassing moments...she said "none that I can remember".

Karen said her most rewarding life moments have been having her two children and then getting a granddaughter!

**Tim Vanya**, has been a **Rehabilitation Officer** with CDA for 6 1/2 years. He has been married to Debby Wilbanks Vanya for 35 years. They have 3 sons, Billy, Tim Jr. and Robby. Tim lives in the Sardis Community in Saline County.

Tim's hobbies and interests include carpentry, home remodeling, church, Bible teaching, preaching, music / singing, playing the harmonica and trumpet.

His favorite restaurant is any Senior Tequilla and his favorite movie is *the Godfather I*.

Tim's favorite sport is racquetball.

He graduated from the Seminary and has SBC ordination.

When asked about on-the-job embarrassing moments, he said "Not embarrassing, interesting times though, like the time I had to convince an adult-granddaughter that her grandmother was not sleeping but had a diabetic emergency." He then had to call the ambulance for her.

Tim's most rewarding life moment? April 21, 2007, when the last of his 3 sons was happily married.



**Shannon Carroll** has worked for the city for 9 years. He and wife Rebecca (Becky) have been married 7 years, 4 months, 2 weeks, 5 days and 2 hours (as of Sept 10 3:08 p.m., *I bet he doesn't forget their anniversary!*)

Shannon grew up in the Cato area, but has had a NLR address so he considers himself a NLR native.

His hobbies and interests include FOOTBALL, hunting/fishing, swimming, gardening, riding his motorcycle, and...he just started playing golf!

Shannon's favorite restaurant is El Maguey, and his favorite movies of all time are *Caddyshack* and *The Breakfast Club* (Hey, I grew up in the 80's!).

His favorite sport is FOOTBALL!

**Go Hogs!**

**Go Steelers!**

Shannon said he had on the job "embarrassing" moments, but no one noticed and we'll keep it that way!

The most rewarding moment in his life would be the day he saved the life of a severely injured co-worker by utilizing basic first responder skills acquired through Voluntary Emergency Response Team (ERT) training at a previous job.

What is something about Shannon you didn't know? He has as many letters, all-state and all-region patches for acapella choir on his letter jacket from high school as he does football letters and awards!



### Employee Health Insurance

#### Benefits Committee

A committee made up of uniformed and non-uniformed employees was created earlier this year. The purpose of the committee was to help establish a process, including specifications for the procurement of bids for North Little Rock's employee health insurance benefits. Special thanks to the following employees who have worked with Commerce Director Joe Smith: **Jim Bona, Nathan Kimes, Sr., Tom Cross, John Pfisterer, Paula Jones, Laura Lasiter, Linda Marshall, Bob Sisson.**



# NORTH LITTLE ROCK FIRE DEPARTMENT



**PRESENTS**

# FIREFEST

**Tues. OCTOBER 9<sup>TH</sup>**

**5:00 pm - 8:00 pm**

**Kroger Parking lot McCain Blvd.**

**Come see:**

**Sparky the Fire Dog & Patches with his Fire Truck**

**Fire Truck Demonstrations**

**Free soft drinks & Hot Dogs**

**Children's Safety Smoke House**

**Ark, Game & Fish Commission Aquarium**

**Games, Goodies & Much Much More**

**FUN FOR THE WHOLE FAMILY**

**WE HOPE TO SEE YOU THERE**



*Below is a paper written by North Little Rock Treasurer Mary Ruth (Taylor) Morgan when she was 22. She mentioned it a few weeks ago. After reading it, we knew her perspective in 1950 should be shared with you all more than 57 years later.*

*..... By the way, she got an "A".*

## North Little Rock, Arkansas

By: **Mary Ruth Taylor**  
Government 434  
**24 April 50**



### Foreword

The material used in this paper was obtained from talking to various citizens of North Little Rock, Arkansas, from information secured from the offices of the mayor, the city clerk and the treasurer, and mostly from my own experiences obtained by living in the city of North Little Rock, Arkansas for 22 years.

Residences south of the retail district illustrate strikingly the phases through which North Little Rock architecture has passed. Venerable, pillared mansions sit grandly and time-stained behind magnolias. On the same streets are late Victorian frame structures with gingerbread scrollwork; brick apartment buildings with balconies and Venetian blinds; and trim, new bungalows with white walls and blue roofs.

Visitors in North Little Rock often express delight at the clear, smokeless air (attributable to the use of natural gas instead of coal in the homes and factories), and the profusion of hedges, trees and flowers. Lawn mowing is a year-round activity for those householders who plant their yards in both Bermuda and Italian Rye grass. In the spring, sidewalks are always bordered by violets and yellow jonquils that give way to an incredible variety of plants in summer, when almost any untended fence becomes a honeysuckle jungle. During a few weeks in the summer, the perfume from magnolias hangs in the air. Fall brings chrysanthemums and colorful blends of leaves on hickory, oak, maple, pecan, persimmon and other species. On many North Little Rock lawns are waxy-leaved holly trees covered with clusters of red berries in the winter.

Chromium-trimmed store fronts, air-conditioned buildings, and sleek busses give North Little Rock its modern metropolitan aspects, but the city still stays fairly close to the earth. Mockingbirds sing in downtown districts on early summer mornings, and nighthawks wheel low over the streets at dusk. The thick foliage serves as a natural calendar to remind residents of the changing seasons. And at least once a year the newspapers tell of some small boy chasing a bewildered country 'possum up a tree on an urban lawn.

The rhythmically flowering arches of the Broadway and Main Street bridges carry pedestrian and vehicular traffic from Little Rock across the Arkansas River to North Little Rock, where large repair shops of the Missouri Pacific Railroad serve as a financial backlog for the city. Any layoff of workers in the shops is a matter of community concern, and the "ship-by-rail" movement is enthusiastically supported. Of the number of streets of the city, Main is the most solidly commercial. East Third becomes the Memphis Highway, where brilliant streaks of neon light wind away into the night advertising liquor stores, restaurants, tourist cabins, and beer parlors.

Washington Avenue, protected from the river by the seawall, is North Little Rock's "Saturday" street. On that day farmers crowd the thoroughfare in such numbers that walking is difficult. After selling their produce in the curb market at Second and Poplar Streets they eat in little "Hot Fish" cafes or inspect the goods in the numerous second-hand stores, where a man can buy anything from a pair of used army shoes to an accordion.

Overlooking the city from the north is Park Hill, an eminence developed into a residential district and reached by a winding road. Modern brick or frame houses, some of them commanding a view of the two cities and the river plains to the east, are the homes of workers and businessmen.

For the 7,000 Negroes in North Little Rock, the chief sources of employment are the railroad shops, cotton oil mills, cooperage plants, wholesale houses, and the large processing plant for railroad ties east of the city. Women find work in domestic services and in laundries. Some small businesses are owned by Negroes, and there is a limited professional class of teachers, doctors, lawyers, and dentists.

North Little Rock has one Negro college, the Shorter College, over thirty Negro churches, and Negroes operate two hospitals for members of their race.

North Little Rock prides itself on its balanced municipal budgets and shrewd financing. The city has no bonded debt and expenses of the city are easily met with the city's income. In fire insurance rates North Little Rock is at the present in the fifth class. There is one bank, Twin City Bank, which serves not only the city but all outlying districts as well.





The city has 13,509 telephones in service, 7,186 water meters, 11,253 electric meters, and 9,680 gas meters. The modern fire department has 56 men, six fire stations and ten pieces of equipment with more than \$350,000.00 invested in equipment and properties of different descriptions. The Police Department has one station, 45 men with eight automobiles and three motorcycles, each equipped with two-way radios. Both departments are under a city civil service.

The education of the city consists of one white college, Central College, and one Negro college, Shorter College; two senior high schools and two junior high schools, one each for white and colored; one trade school; ten public white elementary schools and four elementary schools for colored; and three parochial schools, all elementary classification. The total enrollment of all the schools is usually over 7,000.

There is one park which covers 875 acres. Six moving picture theatres, one midget auto racing park, eighteen hole golf course, three skating rinks, and various other places of amusements.

The *North Little Rock Times* is the only paper of the city and is published every Friday. The two large papers of Little Rock furnish the citizens of the city with everyday news.

There are two white and one colored public libraries in North Little Rock. The total volumes of both white and colored libraries is more than 13,000.

The North Little Rock Water Company is a subsidiary of the American Waterworks and Electric Company. There is a water storage capacity of 500,000 gallons. The water pressure is 65 to 110 pounds. Water used in the city comes from an impounding reservoir 40 miles west of the city.

The history of North Little Rock began in 1839, one year after the steam ferry began crossing the river at Little Rock, when a United States Army officer laid out a town on the north side and named it De Cantillon after himself. His venture was unsuccessful, probably because a cypress bog covered a large part of the town site. Game continued to roam the tangled forests on the north bank, but the patch came to be known as Huntersville, and was slowly settled. Stagecoach lines operating from Fort Smith, Arkansas on the west and DeValls Bluff, Arkansas on the east met at Huntersville, whence passengers were ferried to and from Little Rock.

A Frenchman built a hotel at the ferry landing, and, apparently inspired by the sinking of a shaft intended to yield silver northeast of the town, called it the "Hotel Argenta". The name passed on to the settlement that took form around the inn. During the Reconstruction regime steamboat roustabouts and freed slaves gained for the village and unenviable notoriety.

Argenta was incorporated as a town in 1871, and the next year, the Cairo and Fulton Railroad established its north-shore terminal. For a short time trains were ferried across the river. An English banker, Alexander Baring, then invested \$300,000.00 in a railroad and vehicular bridge. Baring Cross Bridge, built in 1873, stood until 1927, when it was destroyed by a flood; it was replaced by a new structure in 1929. Railroad shops were built near the bridgehead on the north side, and around them grew the village of Baring Cross, later joined to Argenta.

In 1890 Little Rock annexed that part of Argenta between Clendenin Hill, the slight rise at Thirteenth and Main Streets, and the river, designating this section as the Eighth Ward. The move aroused resentment among Argenta citizens, who had been pushing plans for a high school and found that they would now have to reincorporate what was left of the town in order to raise funds for the new building. Reincorporation accomplished, the taxpayers built the school and began devising means of regaining their lost ward. This they did by causing to be introduced into the legislature a bill relating to districts lying between incorporated cities, and apparently affecting only the twin towns of Walnut Ridge and Hoxie in the northern part of Arkansas. In 1903 North Little Rock, as south side realtors called the Eighth Ward, was voted back into Argenta. The name of the city was officially changed to North Little Rock in 1917 by the town council, and Argenta is seldom heard except when the capital city is jokingly called "South Argenta".

North Little Rock has an aldermanic form of city government. The mayor is elected every two years and the city council of eight is also elected every two years. The mayor may be elected from any ward, but the aldermen must be elected from their various wards. There are four wards in the city and each ward elects two men to serve on the council. Any man or woman who is a resident of North Little Rock, has a current poll tax, and who has filed a petition within a given period may be put on the ballot. Election of officials is made by the direct primary form of election. The salary of the mayor is \$480 per month; that of the aldermen is \$75 per month. Council meetings are held every second and fourth Monday of each month and these meetings are open to the public.

The mayor is elected by a direct vote of the people and a majority is necessary for election. He must be a qualified voter and a taxpayer. The minimum age of the mayor is 21 years of age and he must be a legal resident of the city for a period of two years prior to the election. The mayor is elected for two years and may be re-elected if the voters so vote. Although he is the city's chief executive, the mayor plays a very important part in shaping proposed legislation. He makes recommendations to the council. The council may accept or reject these recommendations.

The power to veto proposed ordinances is given to the mayor; a two-thirds majority of the complete council is necessary to override the mayor's veto. At all council meetings he presides and may dismiss the meeting at any time. He votes only in the case of a tie.

The judicial powers of the mayor are a relic of the past; however, he is sometimes called upon to perform some judicial services.

The mayor is primarily an administrative officer, charged with the conduct of the city's day-to-day affairs. He determines the manner in which the policies of the council are to be carried out. He names the heads of all the important departments; however, his choices must be ratified by the council. He appoints such people as the health officers, city nurse, director of public works, director of safety, and director of streets. The minor officials and employees are chosen by the department heads. The mayor has authority to dismiss all officials appointed by him with the consent of the council. He co-ordinates the city's services and is expected to raise their standards of efficiency. As the city's chief executive, the mayor is responsible for the enforcement of city ordinances and state laws.

The charter prescribes only the outline of the council; the council fills in all details as they so wish. The council has the power to create or abolish bureaus within each department, prescribes the number of city employees (at present time there are 150 city employees) and the amount of their compensation. It makes certain actions misdemeanors, and provides for their punishment. It gives its official sanction to building codes framed by administrative officers and present for its approval. The council defines and abolishes nuisances. They also regulate the inspection of boilers, elevator, chimneys. All phases of public health, safety and convenience are regulated to a greater or less extent. Franchises are granted to the city's utilities and other agencies. Hundreds of ordinances are enacted by the city council each year.

Several limitations are imposed on the council by the courts. Every ordinance must be in harmony with the charter, or it will be declared invalid. Moreover, it must be in accord with all other state laws, and the state and federal constitutions.

The council frames the budget through its finance committee and the mayor. It borrows money on the city's credit, and controls the sinking funds set up. The council also controls the approval of large purchases, the designation of banks as city depositories, and the fixing of salary schedules.

Actions of the council are really a reflection of its committees' decisions. Every proposed piece of legislation is referred to some committee and the council hears the committee report before discussing the proposed legislation in a council meeting. Citizens of the city may attend the meetings and voice their opinions. There are twelve standing committees and each alderman serves on more than one committee.

North Little Rock, Arkansas is an average city, with average people, and average government. The citizens are well satisfied with life there and are content to accept the happenings as they come.



**April 12, 2007, at the grand opening of Dickey-Stephens Ball Park in North Little Rock.**

*Back row:* Alderman **John Parker**, Alderwoman **Linda Robinson** and Alderwoman **Debi Ross**.

*Front row:* Alderman **Neil Bryant**, City Clerk **Diane Whitbey** and City Treasurer **Mary Ruth Morgan**. Photographer, Alderman **Charlie Hight**

### Citywide Fire Hydrant Testing / Inspection Schedule



During the month of October, the **NLR Fire Department**, in coordination with **Central AR Water**, will conduct flow-and-drain tests on public fire hydrants within the City Limits of NLR. Because inspections involve the increased flow of water from hydrants, some customers may notice discolored water during the process. This is caused by the scouring of manganese that has built up on the lining of water mains.



Inspections will begin **Monday, October 1**, and continue through **Saturday, October 27**. For information on when the Fire Department crews will be testing in your area, contact the Fire Department at 501-340-5377.

Did you know there are 2,000 fire hydrants in the NLR firefighting system.

## North Little Rock Council Schedule

Meets the second and fourth Monday of each month in City Hall. Meetings commence at 7:00 p.m. and can be viewed on our website.

For more information please call the City Clerk's Office at 501-340-5317 or visit our website at [www.northlittlerock.ar.gov](http://www.northlittlerock.ar.gov).

### CITY COUNCIL MEMBERS

|        |                           |          |
|--------|---------------------------|----------|
| Ward 1 | Alderman Neil Bryant      | 753-0795 |
|        | Aldерwoman Debi Ross      | 753-0733 |
| Ward 2 | Alderman Olen Thomas      | 945-9433 |
|        | Aldерwoman Linda Robinson | 945-8820 |
| Ward 3 | Alderman John Parker      | 771-2467 |
|        | Alderman Cary Gaines      | 753-2302 |
| Ward 4 | Alderman Murry Witcher    | 835-0009 |
|        | Alderman Charlie Hight    | 758-8396 |

## Job Opportunities

Applications may be obtained in the Personnel Department, City Services Bldg., 120 Main St., 3rd floor, NLR, AR., 72114 **and must be completed and returned by the closing date. Late applications will not be accepted.** *Job-related test, interviews or other types of selection methods may be administered in order to determine whether an applicant possesses the required knowledge, skill and ability. A thorough background check and other necessary screening will be made on all persons selected for hire. After all other requirements have been satisfactorily met offers of hire are conditioned on satisfactory completion of a job-related physical exam, including a drug screen.* **AS AN EQUAL EMPLOYMENT OPPORTUNITY EMPLOYER, THE CITY OF NORTH LITTLE ROCK IS SEEKING QUALIFIED BLACK AND FEMALE APPLICANTS.**

## Other Elected Officials

**Mayor**, Patrick Henry Hays

501-340-5301

**Clerk and Collector**, Diane Whitbey

501-340-5317

**City Attorney**, C. Jason Carter

501-340-5336

**City Treasurer**, Mary Ruth Morgan

501-753-2028

**District Court Judge**, Jim Hamilton

501-791-8559

**District Court Judge**, Randy Morley

501-791-8562

## City Offices - 120 Main Street

**Data Processing**, Kathy Stephens

501-975-8820

**Finance**, Bob Sisson

501-975-8802

**Information**

501-975-8888

**Personnel**, Laura Lasiter

501-975-8855

**Planning**, Robert Voyles

501-975-8835

**Purchasing**, Joe Smith

501-975-8881

**Revenue/Audit**, Jerry Reagan

501-975-8895

**Utilities Accounting**, Ron Tucker

501-975-8888

## What's that smell?

Baking bread can bring back memories of spending time at grandmother's house. Fresh cut grass may remind you of your childhood and summer camp. A neglected garbage can under the sink....eww.

If your household garbage is unpleasant and stinky, try putting a couple of dryer sheets in the bottom of the can. Coffee grounds make the garbage smell a little more bearable.

What about the carpet? Well, nothing traps odors more than your carpet. Ask a stranger to put their nose to your's and they'd probably be able to tell if you had a pet or if someone smoked in the house. Try sprinkling a liberal amount of Baking Soda through a sieve, onto the carpet. Let it sit for 1/2 hour then vacuum.

Is your freezer flavoring your ice cream? Put a rolled up newspaper in the freezer overnight and it will absorb the foul odors. Keep a box of Baking Soda in the fridge. Remember to change the box every couple of months. When giving the fridge a good cleaning, (recommended every 3 months), mix equal parts white vinegar and warm water and go to town.

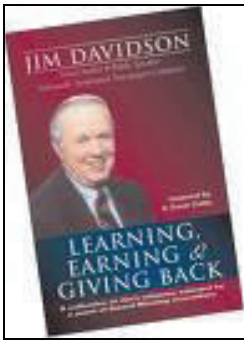


The sink....run extremely hot water down the drain for a minute or two, then toss lemon or orange peels down the disposal and let it grind until it's gone.



For that warm homey feeling this fall, boil water with a few cloves and a couple of cinnamon sticks in it on the stove for at least a 1/2 hour. You will love the aroma!





## North Little Rock Bookcase Project

North Little Rock Police Officer Tommy Norman is the Chairman of the North Little Rock Bookcase Project and Mr. Dan Rollett with Bank of the Ozarks is the Treasurer.

For more information, contact Mr. Braye Cloud, Mayor's Office of Youth Services at 501-340-5309.

**Books are only \$15.95!**

## [www.freetrees.com/makingamericagreener](http://www.freetrees.com/makingamericagreener)



Last month, the e-letter contained information regarding *The Value of Trees*. Who can participate?

All **nonprofit organizations** are being considered. This could include schools, clubs, (i.e. Rotary Club, Lions Club, Kiwanis, Junior League, Woman's Club, Argenta Men's Club), communities, etc. To ensure the health of the donated trees, only organizations capable of caring for the trees they plant should apply.

**How and when can your organization apply?**

To apply for **free trees**, go to the website listed above. You can apply anytime. Only once though!

**How many trees can my organization receive?**

Choose 50, 100, 150, 200, 250 or 300 donated trees.

**How are organizations selected?**

Organizations are chosen from all applicants who have registered for the program. Preference is given on a first-come, first-served basis.

**What type of trees are available?**

If chosen to receive donated seedling trees, you will be contacted to choose your trees. People are encouraged to choose appropriate trees for your growing zone. Available trees: **Blue Spruce, Pin Oak, Red Maple, Red Oak, Redbud, River Birch, Scarlet Oak, Silver Maple, Sugar Maple, Thornless Hoenylocust, Tuliptree, White Dogwood and White Pine.**

**How will my organizations be notified?**

Organizations chosen to receive donated trees will be notified by e-mail.

**If chosen, when will I receive the trees?**

You can select Fall 2007 shipping or Spring 2008 shipping. Trees will be sent to you at the best time for planting in your area. Another option is **Arbor Day 2008** when trees can be shipped in time to arrive for the national holiday, April 25, 2008.

Special thanks to **Jessica Cote, Personnel Department** who located information on acquiring **FREE TREES**.

Want to know what's going on and increase Neighborhood Participation? Then be active and participate! North Little Rock is made up of many neighborhood associations which have your questions and concerns in mind. To find one near you, check out the **North Little Rock Neighborhood News** Newsletter. If you would like to receive a copy of **NLR Neighborhood News**, contact Mrs. Shirley Abel, at 501-340-5394.

## 50's Trivia:

Which of these was recorded by Fats Domino and then covered by Pat Boone?

(a) April Love (b) Ain't That a Shame or (c) I'm Walkin'

For which label did Elvis first record?

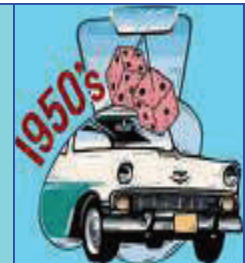
(a) Sun (b) RCA (c) Chancellor

Rock Around the Clock was used in what movie?

(a) Rebel Without a Cause (b) Blackboard Jungle (c) The Wild Ones

What's missing? \_\_\_\_\_ Baby, Earth \_\_\_\_\_, \_\_\_\_\_ on my shoulder

(a) Love (b) Head (c) Angel





# Happy Birthday!

*October's Birthstone is the Opal!*



*The following employees celebrate Birthdays this month!*

Opal takes its name from the Latin word Upala meaning precious stone. The Roman scholar Pliny described opal as having the fire of carbuncle (a deep red garnet) and the brilliance of amethyst with the green color of emerald. The Romans believed opal was the symbol of hope and purity. They called it cupid paederos (child as beautiful as love) and thought the wearer safe from disease.

| EMPLOYEE NAME        | DEPT        | BIRTHDAY | EMPLOYEE NAME    | DEPT        | BIRTHDAY |
|----------------------|-------------|----------|------------------|-------------|----------|
| Lynwood Anderson     | Electric    | 1        | Neil Bryant      | Alderman    | 17       |
| Rodney Cox           | Police      | 1        | Anthony Logan    | Sanitation  | 17       |
| Kathy Davis          | 2nd Court   | 1        | Charlene Maxwell | UAD         | 17       |
| Eric Imhoff          | Police      | 1        | Chad Frey        | Fire        | 18       |
| Mark Shoemaker       | Fire        | 1        | Charles Hobson   | Fire        | 18       |
| Christopher Nicholas | Electric    | 2        | Todd Gravett     | Police      | 19       |
| Robert Edison, Jr.   | Police      | 3        | Kevin Tackett    | Fire        | 20       |
| Gregory Stitz        | AIMM        | 3        | Stephanie Maddox | UAD         | 21       |
| John Anderson        | Street      | 6        | William Lewis    | Electric    | 22       |
| Christopher Phillips | Street      | 7        | Ronnie Mitchell  | Parks Maint | 22       |
| Roger Tindall        | Electric    | 7        | Pamela Tiller    | Fire        | 22       |
| Steve Rabun          | UAD         | 8        | James Wilson     | Traffic     | 22       |
| Paula Stephens       | OES         | 8        | Wesley Stephens  | Fire        | 23       |
| Michael Osborne      | Police      | 9        | Gary Williams    | Fire        | 23       |
| Paula Smith          | Parks       | 9        | Kevin Bemrich    | Fire        | 24       |
| Hazel Young          | Police      | 9        | Wallace Hatchett | Street      | 24       |
| Willie Elizandro     | Airport     | 10       | Donna Bryant     | Electric    | 25       |
| Clint Reekie         | Fire        | 10       | Edwin Faubion    | Fire        | 25       |
| Donald Shoemaker     | Fire        | 10       | Paul Hampton     | Police      | 25       |
| Jason Bryant         | Fire        | 11       | Don Dukes        | Police      | 26       |
| Sharon Henley        | Finance     | 11       | Amber Hodge      | City Clerk  | 26       |
| Alta Sanders         | 2nd Court   | 11       | Jeff Jefferies   | Fire        | 26       |
| Amy Smith            | Commerce    | 11       | Patti Boyett     | Police      | 27       |
| Charles Brooks       | Parks Maint | 12       | Cynthia Marshall | Police      | 27       |
| James Kolb           | Fire        | 12       | Lana Gregory     | Health      | 28       |
| William Smith        | Public Wks  | 12       | Terrell Milton   | UAD         | 28       |
| Brian Bolds          | Sanitation  | 13       | Frederick Scott  | Sanitation  | 28       |
| Jerald Smith         | Police      | 13       | Charles Whitney  | Traffic     | 28       |
| Garry Butler         | Street      | 14       | Francis Victory  | Police      | 29       |
| Donald Wood          | Code        | 14       | Jon Crowder      | Police      | 30       |
| Keith Phifer         | Police      | 15       | Brenda Glover    | Senior Ctr  | 30       |
| Toliver Whillock     | Fire        | 15       | Chris Terry      | Street      | 30       |
| Dustin Free          | Fire        | 16       | Sheryl Ricker    | Planning    | 31       |
| Charles Hight        | Alderman    | 16       |                  |             |          |



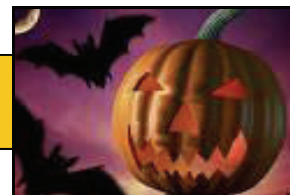
**50's Trivia** continued....Name the song with "A-wop bob a-loo bob a-lop bam boon"?

(a) Good Golly Miss Molly

(b) Be-Bob-a-Lula

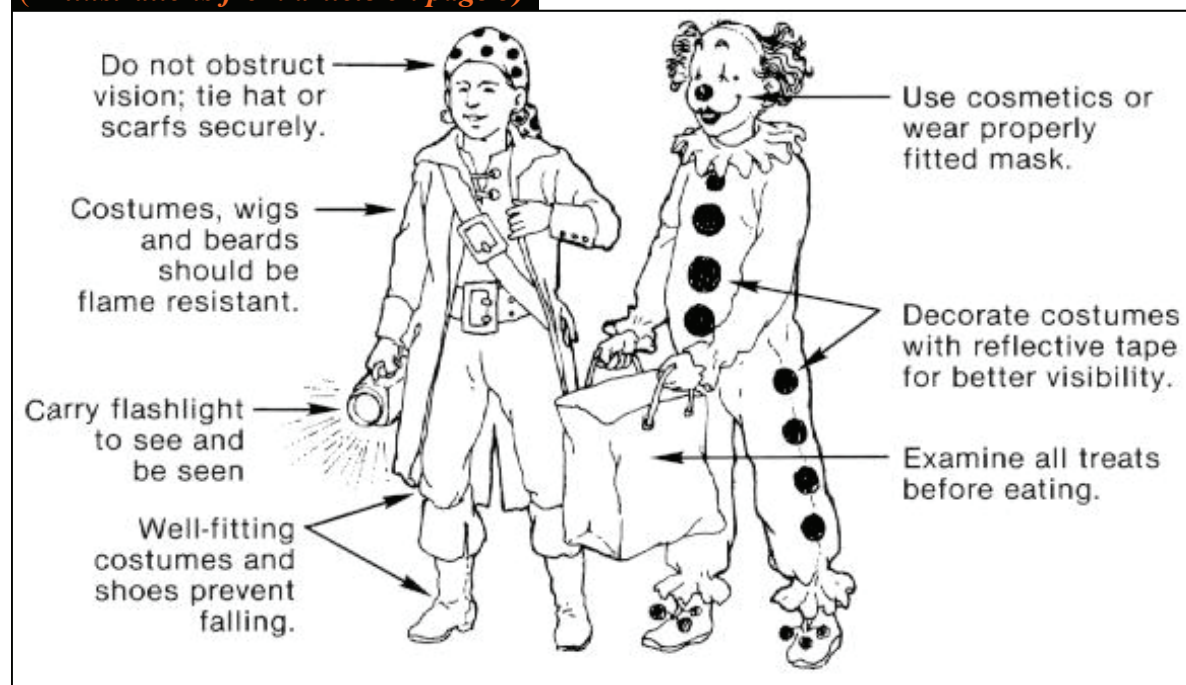
(c) Tutti Fruitti

## October Employee Anniversaries



| EMPLOYEE          | DEPT        | # Years | EMPLOYEE          | DEPT       | # Years |
|-------------------|-------------|---------|-------------------|------------|---------|
| Bobby Higdon      | Fire        | 34      | Calvin Reves      | Electric   | 19      |
| Janie Horn        | Parks & Rec | 28      | Suzanne Fletcher  | Finance    | 35      |
| Philicia Knox     | Electric    | 6       | Sheryl Ricker     | Planning   | 19      |
| Anthony Chukes    | Street      | 12      | Larry Greene      | Street     | 9       |
| Jonathan Ford     | Police      | 13      | Patricia Hanks    | UAD        | 27      |
| Wesley Honeycutt  | Police      | 13      | Helen Williams    | UAD        | 27      |
| Linda Jackson     | Police      | 34      | Hernie Chance     | Police     | 34      |
| Donald Shoemaker  | Police      | 13      | Roberta Muelling  | OES        | 17      |
| Steven Singleton  | Police      | 13      | Sam Brooks        | Street     | 13      |
| Dianne Wetzler    | Electric    | 13      | Freddie Haskins   | Sanitation | 6       |
| Ernest Bridges    | Police      | 26      | Jacob Mahan       | Traffic    | 1       |
| Otis King         | Sanitation  | 10      | John Ray          | Electric   | 3       |
| Dane Pedersen     | Police      | 16      | Deborah Scherz    | Electric   | 8       |
| Matt Soderland    | Police      | 16      | Dana Bowers       | Police     | 5       |
| Essie Turner      | Police      | 16      | William Bush      | Public Wks | 20      |
| Gary Boyd         | Golf        | 1       | Michael Johnson   | Code       | 9       |
| James Holcombe    | Parks Maint | 7       | Jennifer Buckner  | OES        | 4       |
| William Lewis     | Electric    | 7       | Cedric Williams   | Code       | 4       |
| Richard Sanders   | Golf        | 1       | Rebecca Henderson | Legal      | 5       |
| Robert Shaw       | Fire        | 12      | Robin Sisson      | 1st Court  | 5       |
| Milton Hinshaw II | Electric    | 2       | Michael Molden    | Sanitation | 6       |
| Cynthia Marshall  | Personnel   | 13      | Steven Ralston    | Golf       | 29      |
| Alta Sanders      | 2nd Court   | 2       | Donald Harness    | OES        | 19      |
| Hiawatha Lewis    | Electric    | 27      | Jackie Peach      | Electric   | 2       |
| Larry Mickel      | Police      | 27      | Danny Scoggins    | Electric   | 2       |

(\* Illustrations from article on page 3)





It is clear that eating fruits and vegetables is essential to promoting optimal health. Almost all of us could benefit from eating more of them than we do currently.

By eating different fruits and vegetables, and particularly if they are of different colors, you will be receiving a variety of vitamins, mineral and disease-fighting phytochemicals that work to protect your health. Only fruits and vegetables, not pills or supplements, can give you these nutrients in the healthy combinations nature intended.



Green fruits and vegetables are excellent sources of **carotenoids**, powerful antioxidants that have received a tremendous amount of attention as potential anti-cancer and anti-aging compounds. Sources of these include lettuce, spinach, broccoli, green peas, kiwi, honey dew melon and mustard greens. Likewise, **indoles** found in broccoli, cabbage, brussels sprouts, turnips, cauliflower and kale have been found to have cancer-preventing properties.

Yellow / orange foods, such as carrots, sweet potatoes, pumpkin, butternut squash, cantaloupe, mangoes, apricots and peaches contain high amounts of **beta-carotene and vitamin A**, important cancer-preventing antioxidants. Other yellow / orange fruits including oranges, grapefruit, lemons, peaches, papaya, apricots, pears, pineapple as well as yellow peppers contain high amounts of **bioflavonoids and vitamin C**, essential nutrients for maintaining our natural defenses against disease, the building and health of cartilage, joints, skin, and blood vessels.



Red fruits and vegetables contribute to our health in a number of ways. **Anthocyanins**, found in raspberries, cherries, strawberries, cranberries, beets, apples, red cabbage and red onion, contain the same class of health-promoting pigments found in red wine that function as antioxidants, and are believed to prevent heart disease.

Tomatoes, pink grapefruit and watermelon are known to contain high levels of **lycopenes**, an antioxidant thought to be of value in preventing prostate cancer in men. Other red foods including cranberries, pink grapefruit, raspberries, strawberries, watermelon, red cabbage, red pepper, radishes, and tomatoes are also excellent sources of **potassium**.

Blue / Purple foods such as grapes and raisins are an excellent source of **iron**, a good source of **vitamin B6, magnesium, phosphorus, thiamin** as well as containing important phytochemicals. Blueberries and plums contain disease-fighting phytochemicals, including **anthocyanins and phenolics**.



Even white foods such as mushrooms, garlic and onions offer important health benefits. Onions and garlic contain the phytochemicals, **allium** and **allicin**. These have been known to provide health benefits for centuries. These include lowering blood pressure, improving the function of the immune system, lowering cholesterol and reducing the risk of heart attacks and strokes.

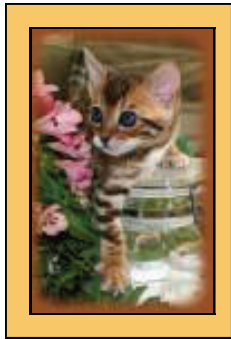
Several varieties of mushroom are known to be high in **fiber**. Some even have cholesterol lowering properties.



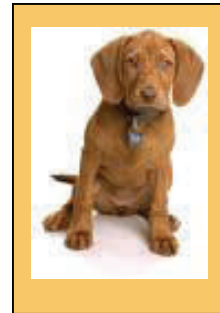
This month, try to improve your habits regarding eating fruits and vegetables. Find out the amount that you should be eating and make sure you are eating a variety of colors. Hopefully, after a few weeks of doing this, it will develop into a healthy and enjoyable dietary habit.

### **How about another recipe? Wilted Lettuce Salad**

It may not sound good, but I promise you if you haven't had it you will be glad once you do and most likely hooked! Start with one head of **lettuce**, washed and core removed, the cut it into shreds (kind of like you would cabbage if you were making cole slaw). Then, slice up some **bacon** and fry it in a skillet. Remove bacon and all but about a tablespoon of the drippings. To this, add an equal amount of **vinegar**. It might splatter a little, so be prepared. Now then, add the bacon to the cut up lettuce. Sprinkle **sugar** over it (to your liking), add **salt** (again, to your liking). It is optional, but I like to add thinly sliced **onion**, too. Now, pour the hot mixture of bacon drippings and vinegar over the salad. Toss and serve. It's called Wilted Lettuce because the hot mixture will cause the salad to wilt, but trust me, you will not be disappointed!



**North Little Rock Friends of Animals**  
**North Little Rock Animal Control**  
*and Parks and Recreation*  
*announce the*  
**4th Annual**



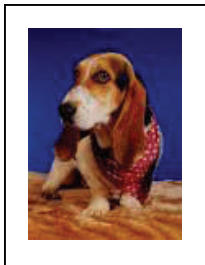
# **“Bark in the Park”**

**Saturday, October 6, 2007**  
**11:00 a.m.—2:00 p.m.**

**Burns Park Dog Park, located in Burns Park**

## **Sharlette Pumphrey—Spiritual Medium, IET Master Instruction**

Sharlette will be on hand to provide messages from heaven or integrated energy therapy for you and your pet. During this workshop, Sharlette will provide messages from your family and friends on the Other Side. She will share how she learned mediumship, discuss how you can develop your own psychic abilities, and share techniques and tips she has learned from her own experiences and spiritual journey. She will share how you can help your pet using the IET energy techniques.



**Pet Photos**

**Open Agility Course**

**Animal CPR—Julie Coulter, NLR Animal Control**



**Northstar Canine Consulting**

**North Little Rock Police K-9 Unit**

**Arkansas Freestyle Dancing Dogs**

**Contests and more!**

*(\$5 each or \$25—4 contests and t-shirt)*



**T-shirts—\$20.00**

**Raffles**

**Refreshments**

***Come dressed in your favorite costume!***

**For more information, call 501-791-8577  
or 501-758-5482**



All proceeds go to the **NLRFOA** adoption / rescue / spay / neuter programs.

**(Rain date: October 13, 2007)**